

Recovery Through the Steps
Unity Through the Traditions
Service Through the Concepts

Inside This Issue

Topic Perspective

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area



STAY HOME

PLEASE WEAR YOUR MASKS

Please remember to check ahead regarding all meetings since so many have been cancelled.

NYN CANCELLATIONS
August 21-September 7 - Outreach at NYS Fair
September 25-27 - Fall Assembly/Convention

Mission Statement

Northern Hi Lights is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate, Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. *Northern Hi Lights* is not copyrighted. It is not conference approved literature. Submissions: Email by the 15th of the month prior, to: newsletter@nynafg.com. When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your 2014 Service Manual). *Announcements should be submitted at least 6 weeks before event.*

Subscriptions: Suggested donation of \$10/year when possible (see back page): All Al-Anon members are encouraged to subscribe (electronically if possible) to receive an individual copy. A copy will automatically be sent to each Group Representative on record with the Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com
WSO: www.al-anon.alateen.org

Chairperson

Dear NYN Friends,

The summer is upon us and before we know it, fall will be here. With the arrival of fall comes the Fall Election Assembly. It is still unknown if the assembly will be in person or if it will be a virtual assembly. The one thing that is for sure is that NYN will be electing new officers and coordinators for the upcoming Panel 61 that will begin 1/1/2021.

Now is the time to begin to think about service at the Area level. With that in mind, I have asked the current NYN officers and coordinators to focus their Northern Hi Lights articles this month on their experience with service at the Area level. To speak about their current positions and how serving in this position has affected their recovery.

I cannot say enough how being involved in service has been a huge part of my recovery. I first began my journey in service within a year of coming to Al-Anon. At that time someone came to me and said they were in need of someone to take minutes for their committee. This person knew I would be great at the job. I have to admit I was hooked, they needed me, this was the beginning of a long journey in service to Al-Anon. I began at the local level for an annual Roundup, it grew to service in my groups, in the district and finally at the Area level.

Along the way I learned so much about Al-Anon, about its principles and about myself. Among these principles some are acknowledgement of my dependence on a Higher Power, love of my fellowman, an awareness of the need to improve myself and a willingness to help others. Over and over I have been reminded that everything happens for a reason, I may not know what my Higher Power has in mind but I know that what is happening at this moment is suppose to be happening. This has allowed me so much freedom.

I have loved every service position I have every held. Each has had its challenges but I have grown with those challenges. I have always felt that when there are areas in my life that I need to look at, when there are character defects that need attention my Higher Power puts situations in my life to practice the principles of my program. To use the tools Al-Anon has given me.

I have been able to use my gifts of organization, of being able to conduct large meetings and respect those involved as Chairperson these past 3 years. One of my character defects is my need to control. I have to admit that this has been a big challenge for me these past 3 years. I have been able over these 3 years to practice, practice, practice leading without controlling. I have learned so much about Al-Anon as a whole while being Chair.

I invite you all to think about your gifts, where you need to grow and finally find a position in NYN were you can give both your gifts and learn to practice using the tools that Al-Anon has given you.

Gratefully in Service,

Ruth S.

Immediate Past Delegate

Breaking news New York North will not be participating in our Public Outreach booth at the New York State Fair in 2020 due to many people's concerns regarding attending the New York State Fair and concern about the crowded conditions that might arise. New York North officers and coordinators have decided to cancel our attendance this year. We thank all of you who in the past have helped us in person, behind the scenes and by donating to this special event each year. We look forward to returning next year in 2021.

Diane C.

Alternate Delegate

For The Forum, I want to remind you that once a book is written, the language in it remains, unless they decide to discontinue publishing it. The Forum has fresh, contemporary sharings each month. So don't forget to read it and even to subscribe to it. (It can also be downloaded from the website.)

The Welcome that many of us read at the beginning of our meetings suggests that we need to place our problem in its true perspective, which I interpret to mean that I may be making mountains out of molehills. "How Important Is It" usually helps me to get things in perspective. I have also heard that you can ask yourself in x-amount of time will this really matter?

My sponsor, or a sponsee can often help me get things back into perspective. If I get hungry, angry, lonely, tired or sick, I lose my perspective on how things could really be handled in a mature manner. In "Paths To Recovery" perspective is listed as one of the tools to use for the Sixth Step. Before I started the program, my attitude was Recovery was nowhere. After a while in the program I discovered that Recovery was now here. A new perspective had happened. I find that when I *Let Go and Let God*, a new perspective on the same issue will present itself.

Helen H.

Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

- **Spring 2020:** Canceled due the COVID-19
- **Fall 2020:** Will be held virtually. [More info to come.](#)
- **Spring 2021:** Districts 22– May 14 – 16, 2021, Hilton Garden Inn, Troy, NY
- **Fall 2021:** [Could this be your District??](#)
[Please think about it. You don't have to do it alone, you have the ESH of NYN.](#)

Still looking for hosts for Fall 2021 and beyond. Without you there can be no conventions/assembly. Please discuss within your district. Hosting is vital to the health of Al-Anon in our area. It helps to carry the message to others, and to practice these principles in all our affairs.

Yours in Service

Kevin M. convention@nynafg.com



Public Outreach

Hello NYN Family,

It has been a long time since we have come together face to face. Unfortunately, the family disease remains face to face. Many members have found the way to Zoom meetings or phone meetings. What about those in need that don't know who we are or what we are?

Invite a new person to your meeting. Leave bookmarks with a local hotline # or your AIS # at local places that are open. Post (with permission) on public bulletin boards. Contact your local Prevention Council with information about meetings and local contact info.

We are moving forward with plans for a table at the NYS Fair. It has always been a challenge to find members to man the booth. Share with others and check the NYN website for updated info.

We are thinking forward to our Fall Election Assembly. It will be determined at a later date whether it will be face to face or virtual. Especially at this time, Public Outreach is an important part of our program. It is not difficult or complicated. It is about communicating ideas to members on how to carry the message of family recovery to those in need. How grateful are you for your Al-Anon family and your program? Much of what I have learned is how to communicate to members. We do not do anything alone. It is rewarding when I hear from someone in the fellowship wanting to know what they can do to get the word out. They almost always tell me they don't have a lot of time or money, but want to do something. Sometimes, I have to hunt a little for info, but that is learning and growing for me. Consider this position for your personal growth. I'm always willing to answer questions and be supportive as a service sponsor. I have not needed to travel a lot, even before the restrictions. Most of what I do is be a link to our Area. Make some new friends and take another step forward in your recovery.

Our topic is perspective. Right now, I see and hear so much negativity and fear. My program has given me the ability to stay focused on my needs and to remain positive in my outlook. Sooo grateful for this program as it continues to give me the support I need.

Be safe and be in touch if you have questions or comments. Until we meet again face to face...here is a virtual hug((((((!!!!))))))!

Love in Service,

Connie D. NYN PO Coordinator

Literature Coordinator

My hope is that you are enjoying the blessings of summer and Al-Anon. I have been quite busy with a variety of activities that enrich my personal recovery. My service as District 26 DR and GR has been especially rewarding; the contributions to AFG Connects and the Alateen Interest Meetings on Zoom have added to that richness of the program. All of us who enjoy the benefit of Al-Anon know what I am talking about here.

This month's topic is Perspective.

Understanding both sides of an argument is a skill that I lacked prior to entering the rooms of Al-Anon. Even though I was an educator for 36 years in various New York State public schools, I did not grasp the basic concept when it came to dealing with my son's addictive behavior. I was an amateur in that regard, and I needed help!

Once I found recovery in Al-Anon, I found out how perspective works. Knowing that alcoholism is a family disease, I now understand that everyone is affected, and one's sense of perspective matters in the grand scheme of things. I found out how my son felt, and I could use my own take on this perspective to shape my own responses instead of reactions. Hindsight is a wonderful thing, and so is perspective.

I hope everyone enjoys a wonderful summer. Enjoy the days to come, and know that Al-Anon will always provide you with the perspective that you need. Thanks for your support.

Mike R.

Literature Coordinator

(Job Description)

The past few months have certainly been fraught with uncertainty and concerns for the future. I saw the cancellation of the Spring Assembly and now we are wondering about the fate of the Fall Assembly in Syracuse. Thanks to the gifts I gained in Al-Anon, I know I can only take things one day at a time. I have to let go and let God take care of the details while trusting in my Higher Power.

As we wait for the decisions to be made, I want to talk about the benefits of service in our recovery program. Besides being a Group Rep and District Rep for District 26 in New York North, I have also been the Literature Coordinator for our Area Assembly. During the last three years, I have become acquainted with

many pieces of literature in Al-Anon that have heightened my understanding of the tenets of the program and guided me along the path of my own personal journey to serenity. I have interacted with so many wonderful people in face to face meetings as well as various forums on Zoom and on AFG Connects. None of us are alone in Al-Anon.

Since this is an election year during the Fall Assembly, I want to encourage you to step up and stand for a position. Being willing to learn more about yourself and to share your own special talents with fellow members will benefit all of us. While you might feel inadequate for the task, you will get help from the current officers and coordinators to assist you in the transition and duties related to the particular position. Service positions benefit everyone, and you can be part of that special magic in New York North.

I look forward to seeing everyone in one way or another in the weeks to come. Whatever happens, we will share the load together.

With love and gratitude,

Mike R.

Alateen Coordinator

Since our last AIM by Zoom I have contacted all active Alateen groups about their use of e-communications. As I hear from their sponsors I am recording their answers for use within NYN Alateen.

I am grateful for the experience I've been privileged to gain these last three years as Alateen Coordinator. The greatest of which has been getting to know the Alateens and their Sponsors during three NYNACs. They are an inspiration of strength and hope. Connecting with the WSO has been a new experience. There was my first webinar and then several phone calls with trusted servants at the WSO. They are always ready to help.

Help also comes from NYN officers and coordinators. They are always supportive. Of course the AAPP and the NYNAC Coordinator are in very close communication. I have learned over and over again that we don't have to do it alone. Together we can make it! This position has brought me into the world of e-communications. With the help of a techie friend I learned how to use Zoom to expand Al-Anon interest meetings (AIM) to every month instead of only biannually at assemblies.

Being NYN Alateen Coordinator has been of great personal growth experience for me and given me a chance to provide needed service to New York North. Please consider "standing" for a New York North position this fall, and foster new growth in your own personal program.

In service,

Sandy A.

Group Records

Part of my job as Group Coordinator is to keep members aware of any changes that may have been made by WSO regarding group information. Due to financial constraints WSO will not be sending out the Annual Update Mailings.

We have been asked to remind groups that if there are any changes to please notify your Area Group Records Coordinator – that's me. My contact info is on one of the last pages of the Northern Hi Lights.

There several pieces of group information that the Group Records Coordinator is responsible for – groups records, NHL Subscription list, Proof of Insurance requests. None are huge but all are part of what keeps us informed and connected.

The most important skill necessary to this job is organization. I came into Al-Anon with no self-awareness. I had no knowledge of myself. I can now say that one of my qualities is the ability to organize. What a change from the scared, unsure person who walked into the rooms.

I started in Service in the first group I attended. I had barely had been in the program 6 months. I needed people who cared and Al-Anon cared and gave me support to find my wings. I started as a GR, then went on to being DR, and eventually had the courage to stand for the Group Records position for NYN. Every time I began a new position there was always someone who told me that I didn't have to do it alone and that they were available to help me if I needed it. I will be here to help if you need it.

Patti M.



Alternate Delegate Forum Coordinator

(Job Description)

As Alternate Delegate, I receive the same information from the World Service Office as the Delegate. If needed, we share and learn at each level. I prepare to "step in," if the Delegate is unable to fulfill her duties to attend the World Service Conference held in the Spring or any other meeting he/she may attend as Delegate in the New York North Area.

I serve as New York North Area *FORUM* coordinator for the World Service Office. I participate in the new Group Representative Orientation meeting at all Assemblies. I write a welcome letter to new groups in the New York North Area, and include a past issue of *THE FORUM* with a subscription order blank on the back cover.

I notify the District Representative and the Al-Anon Information Service Center, if needed, whenever I welcome a new group.

I act as the timekeeper at New York North Area World Service Committee meetings and Assembly meetings.

You also need to be familiar with the Al-Anon Guidelines G-32, Area *Forum* Coordinator, F-2 Information and Tips for GRs as *Forum* Representatives, and F-1, Writing Guidelines for *THE FORUM*.

You also have many of the same responsibilities as all the other officers and Coordinators, ie: writing articles for the Northern Hi Lights, a verbal "2-minute Hot Topic" report at the AWSC and Assembly meetings which you are expected to attend and is familiar with the Service Manual, NYN Area Policies and Guidelines as well as the Al-Anon Legacies.

Helen H.

Web Coordinator

Web Address: <http://www.nynafg.com/>

This is our NYN July/August Newsletter report and the most important item to report is the encouragement of our members to know about the Web Coordinator position for the Fall Election Assembly. You can get the Job Description by clicking on the following link:

<http://www.nynafg.com/pdf/jobDesc.pdf>. Please read the general responsibilities of Officers/Coordinators then scroll down to page 13 of this document to see what the NYN Web Coordinator does.

I have found service helps me in the following ways:

- Encourages my growth in Al-Anon
- Builds confidence in a safe environment
- Helps me with trust issues knowing I have others to depend on and to work with me
- As we share at meetings, we share in service giving me more/new choices in my decision-making process

We have the triangle symbol in Al-Anon, depicting UNITY. The concepts of service are one side of that triangle. Service beyond my group and local level is a risk I took and I stood at the Fall Election Assembly in 2017 for the Web Coordinator position. It is a position for reaching out to **non-members** letting them know about where our meetings are held, what our Core Purpose is, and what we can do for those who have family or friends experiencing the disease of Alcoholism. It is a position that reaches out to keep our **NYN membership** informed about events, the changes we make at AWSC and Assembly/Conference weekend and much more. It is a position to share your experience, strength, and hope with others.

PLEASE contact me if you have any questions about this NYN Coordinator position. Our NYN Highlights Newsletter has contact information on the last page of each Newsletter.

Nancy P.

Treasurer

My Growth Opportunity via Service at the Area Level.

I had many fears when I stood for my Service Positions. One was writing that monthly newsletter article. My first service position in NYN was Treasurer and I was comfortable with working with numbers and presenting those numbers to you. But to write an

article was very scary because I would have to share my own thoughts and I didn't think I had any that would be of interest to you, the membership. NOW that was scary!

When I was Chairman there were many times I needed to ask the newsletter editor for that extra one day extension because I wasn't quite done with the article. I always tried to write something related to the topic of the month and also provide you, our readers with news, happenings and where we stood with various projects, committees, thought forces and the like within the NYN Area.

I took on a few other Service Positions within the Area that proved to be very rewarding to me. Being Secretary really offered me the opportunity to listen, because if I wasn't focused and listening what would the minutes contain? I continue working through my fears one day at a time, one AWSC meeting and one Assembly at a time.

I had another big fear as Chairman and that was fear of making a mistake when chairing the Assembly. Well, guess what? That did happen. For those that remember it was in 2012 and my first Assembly as Chairman in Chautauqua. Needless to say, I survived (even though I wanted to run out of that room as fast as I could) I was able to make amends and move forward with the help of my Higher Power. I was able to say I don't always know what to do and reach out for help. My famous words are now, "Help me Out Here".

I've had so many personal growth opportunities while serving in various Area Positions and I'm so grateful for that. I feel so lucky and blessed to have so many members in NYN Service that offer me a listening ear along with their experience, strength and hope. When referring to my friends in NYN, I like to say that I have friends all along the Erie Canal, "All the Way from Albany to Buffalo". One of the best things I did was get myself a Service Sponsor to help and offer me guidance along the way. If I can do this, so can you.

I hope to see you "Step Up to Service" at the Area level and if you need encouragement along the way don't hesitate to reach out to me. Gratefully,

Pam A.



Newsletter Editor

Hang in there, things are getting better. We have all learned more about Zoom meetings than we ever thought we wanted to know.

The newsletter is moving along as expected. This month you will notice that there are some "extra" articles by some members. These are "job descriptions" that can be used to help each of you decide which position you would like to stand for during the Fall Virtual Assembly. (Others have their information imbedded in their regular article.) See what others have to say about the position they have held and see how it might fit into your service. Also remember that we don't do anything alone, we have lots of experience to rely on to help us.

As for the Newsletter Editor's job I would like to say it is fun. You get to receive everyone's articles beforehand, read through them and put them in some kind of order. You can decide how the newsletter will look! Pictures, sayings, etc. And, you also choose the theme of the month. And, relying on the experience of others you choose who you would like to be your proof readers. Getting to know some of the most amazing people around is definitely a bonus. It is very fulfilling to know that you are helping to get the "news" out to everyone. Give it some consideration and if you have any questions, don't hesitate to contact me.

*** * Bear in mind that some articles were written before the decisions were made to cancel events. ***

*

Pat H.



AIS Rochester

- Is the Corona virus challenging your serenity?
- Are you missing the laughter and the FUN we have in Al-Anon?
- Do you miss hanging out with your program buddies, old and new?

Have no fear! We have a plan for another way to gather our Al-Anon family for love, laughs, and to share program.

We are doing it online and we want to extend our hand and invite our AFG friends from outside our area to JOIN us:

Come one, come all to the Alathon FUNraiser! a mix of programmatic and playful elements.

WHO: You!

WHEN: Sunday, 7/12/20, from 1 to 4 p.m.

WHERE: Zoom Meeting ID: 884 2184 5944 Password: 648707

WHY: Because we NEED it! *and* to raise funds for Rochester AIS.

WHAT:

- Al-Anon *Step*ardy & AFG Match Game
- Al-Anon Speaker and Ask It Basket
- Gratitude on the 12's
- Flash Mob Dance
- Al-Anon Action Story
- Program Performances
- and more!

Come for the whole celebration, or stop in when you can!

Thank you. Hope to see you on the 12th.

Questions? Please email Ellen V @ ellenvzsemail@gmail.com

Warm regards,

Ellen V (Alathon chair) and Cathleen B (co-chair)

FEB 2020

Receipts	Group #	Amount
Queensbury Area	30710256	\$30.00
Clifton Park	30702163	\$30.00
Sherill Hope	10296	\$50.00
Thursday Hope Lockport Area	?????	\$25.00
Scottsville AFG Tues	46849	\$100.00
District 19	Dist 19	\$200.00
Cortland 12 & 12 AFG	65730	\$60.00
Northern Highlights		\$20.00
		\$515.00

Expenses	Ck#	Amount
Newsletter Publishing Dec/Jan	1683	\$48.00
Total Expenses		\$48.00

MARCH 2020

Receipts	Group #	Amount
Niskayuna AFG	38472	\$15.00
Hamlin Sunday	9783	\$30.00
Monday Sunshine Pittsford Area	502088	\$30.00
Circle of Hope	54280	\$75.78
Friday Noon AFG	62569	\$69.00
District 15	Dist 15	\$100.00
Rochester Area Group	27134	\$50.00
Cortland AFG	9696	\$50.00
Amherst Tuesday Night	9577	\$40.00
Baldwinsville Area	32150	\$50.00
Monday Courage to Change	63806	\$25.00
Queensbury	9765	\$30.00
Saratoga Area	40786	\$50.00
Binghamton	9612	\$15.00
West Enders	10326	\$6.00
Northern Highlights		\$0.00
		\$635.78

Expenses	Ck#	Amount
None		\$0.00
Total Expenses		\$0.00

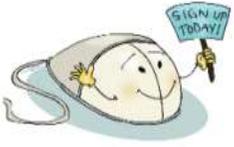
April 2020

Receipts	Group #	Amount
Niskayuna AFG	38472	\$15.00
Niskayuna AFG	38472	\$15.00
Lake Placid New Beginnings	30718354	\$20.00
Friday AFG Ithaca Area	9828	\$30.00
Monday Serenity - Syracuse	64623	\$50.00
Unknown Munnsville Area	????	\$36.00
Free to Be Me Gloversville	30588130	\$50.00
Canandaigua AFG Mon Noon	24271	\$50.00
Fall 2019 Assembly Rtn of Seed Money		\$1,000.00
Fall 2019 Assembly Proceeds		\$2,687.53
Penn Yan	????	\$25.00
Serenity on Sat	64625	\$30.00
Legacy Study	42113	\$25.00
Legacy Study	42113	\$50.00
New Beginnings Jamestown	399872	\$20.00
Northern Hi-Lights		\$0.00
		\$4,103.53

Expenses	Ck#	Amount
Zoom Subscription 1 year	1684	\$150.00
Newsletter Publishing Feb/Mar/Apr	1685	\$147.00
Total Expenses		\$147.00

May 2020

Receipts	Group #	Amount
District 9	Dist 9	\$50.00
Otisco Valley AFG	503315	\$114.00
Albany Area	37324	\$50.00
Personal Donation	member	\$40.00
Oswego Mon Serenity	10167	\$25.00
Niskayuna AFG	38472	\$15.00
Andes NY Area	????	\$100.00
Binghamton Area	051-509	\$30.00
Baldwinsville Area	32150	\$50.00
Cortland AFG	9696	\$40.00
Quessbury Area - Cash	9763	\$15.00
Step Into Recovery	3063345	\$10.00
Northern Hi-Lights		\$11.00
		\$550.00



NORTHERN HIGHLIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Highlights but in keeping with the Seventh Tradition of being self-supporting **a donation of \$10 per year for a paper copy is suggested** to help pay production costs.

All AI-Anon members are encouraged to subscribe to the Northern Highlights electronically.
There is no cost for an electronic copy.

Is this ___ a new subscription
___ renewal

I would like ___ a paper copy mailed to me (please consider a \$10 donation)
___ NHL e-mailed to me (no cost)

Name of person receiving NHL _____

E-mail address _____

Mailing address _____

City _____ State _____ ZIP _____

If Group Subscription

Group Name _____

WSO # _____ District # _____

Mail Subscription donations to:

NYN AREA ASSEMBLY, PO BOX 2183, SYRACUSE, NY 13220

For address changes or updates

Mail to: Group Records, 5082 Clifton Dr., N. Syracuse, NY 13212

Or e-mail: records@nynafg.com

Do you know whom to contact with an AI-Anon issue?
 Unless this is a personal subscription, this copy belongs to your group.
 Please share it with them, and make each issue available at your meeting.
 To insure anonymity, tear off this part before leaving it with your group.

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<u>Panel 28 Past Delegate</u> Mary G. mgregory@roadrunner.com	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S. Wrsill533@aol.com	<u>Panel 4 Past Delegate</u> Helen S.

**Submissions for
September
Northern Hi Lights**

Due by: August 15
Topic: **SPIRITUAL
AWAKENING**

***SENDING DONATIONS
NYN***

*Please send by check or money order.
DO NOT SEND CASH!!*

*Make payable to: NYN Area Assembly
PO Box 2183, Syracuse, NY 13220*

*Please include group's registered
name and Group's ID Number*

Northern Hi Lights
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N Syracuse, NY 13212